We claim:

1. A beverage comprising:

a heat pasteurized NAG beverage, wherein the beverage comprises at least about 0.01 g NAG per serving.

2. The beverage of claim 1, wherein the heat pasteurized NAG beverage comprises at least about 250 mg to about 1500 mg NAG per serving.

3. The beverage of claim 1, wherein the heat pasteurized NAG beverage is at a temperature of at least about 160°F.

4. The beverage of claim 3, wherein the heat pasteurized NAG beverage is at a temperature of at least about 180°F.

5. The beverage of claim 1, wherein the heat pasteurized NAG beverage is at a temperature of about 161°F to about 300°F.

6. A method of preparing a beverage, comprising

providing a beverage;

adding at least about 0.01g NAG per serving to the beverage to form a NAG beverage; and

heat pasteurizing the NAG beverage at a temperature of least about 160°F.

7. The method of claim 6, wherein the NAG beverage is heat-pasteurized at a temperature of at least about 200°F.

8. The method of claim 6, wherein an amount of NAG present in the NAG beverage is about 250 mg to about 1500 mg NAG per serving.

9. The method of claim 6, wherein the NAG is derived from fungal biomass containing chitin.

10. A food product comprising:

a NAG food product comprising at least about 0.01 g NAG per serving, wherein the NAG food product is at a temperature of at least about 160°F; and

an absence of shellfish proteins.

11. The food product of claim 10, wherein the NAG food product is at a temperature of at least about 200°F.

12. The food product of claim 10, wherein the food product is a flour- or grain-based product.

13. The food product of claim 10, wherein an amount of NAG present in the NAG food product is about 250 mg to about 1500 mg NAG per serving.

14. A method of preparing a food product, comprising

providing a food product;

adding a first amount of NAG derived from fungal biomass containing chitin to the food product to form a NAG food product, wherein the NAG food product comprises at least about 0.01 g NAG per serving; and

heating the NAG food product to a temperature of at least about 160°F.

15. The method of claim 14, wherein the heating comprises baking, broiling, or boiling the NAG food product.

16. The method of claim 14, wherein the first amount of NAG present in the NAG food product is about 250 mg to about 1500 mg per serving.

17. The method of claim 14 wherein the NAG food product is heated to a temperature of at least about 200°F.

18. The method of claim 6, wherein at least about 0.007g NAG per serving remains in the NAG beverage after heat pasteurizing.

19. The method of claim 14, wherein a second amount of NAG present in the NAG food product after heating the NAG food product is at least about 70% of the first amount of NAG present in the NAG food product before heating the NAG food product.

20. The beverage of claim 1 or the food product of claim 10, wherein NAG comprises at least 1% of a sweetener in the beverage or food product.

21. A non-acidified food product, comprising:

a food product comprising at least about 0.01 g NAG per serving; thereby generating a NAG food product, wherein the NAG food product is at a temperature of at least about 160°F.